

Remember: Wash Your Hands!

PROTECT YOURSELF

Always wash your hands for **20 seconds** with soap and water that has been boiled or disinfected:

- Before preparing or eating food;
- Before touching a sick person or a wound or cut;
- After toilet use;
- After participating in flood cleanup activities; and
- After handling articles contaminated with flood water or sewage.

(If soap and clean water are not available, use an alcohol-based product to clean your hands.)



PROTECT YOUR CHILDREN

- Do not allow children to play in flood water areas.
- Wash children's hands frequently (always before meals).
- Do not allow children to play with flood-water contaminated toys that have not been disinfected.
- Disinfect toys using a solution of one cup of bleach in five gallons of water.

**For more information, call South Central District Health
208-737-5900**